

my physical therapist

PHYSICAL
THERAPY

AT St Luke's

BALANCE TEST

TAKE THE BALANCE SELF TEST

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| 1. Have you fallen more than once last year? | Yes | No |
| 2. Do you take medicines for two or more of the following diseases:
heart disease, hyper tension, arthritis, anxiety or depression? | Yes | No |
| 3. Do you need to climb a flight or more of steps? | Yes | No |
| 4. Do you have dizziness or balance problems frequently? | Yes | No |
| 5. Do you have blackouts or seizure? | Yes | No |
| 6. Do you sometimes take unnecessary risks? | Yes | No |
| 7. Have you experienced a stroke or other neurological problem
that has affected your balance? | Yes | No |
| 8. Do you experience a numbness or loss of sensation in your legs and/or feet? | Yes | No |
| 9. Do you use a walker or a wheelchair, or do you need assistance to get around?
Are you inactive? (Answer "Yes" if you do not participate in a regular form of
exercise, such as walking or exercising 20-30 minutes at least three
times a week.) | Yes | No |

If you answered yes to one or more of the above questions, you could have a balance disorder.

**You don't have to live with balance problems.
The Integrated Balance Program offered through St. Luke's Physical Therapy can help
you regain your balance and return to a normal life.**